

WINGSPREAD

A wrench in the works



Steve Howard, WG-10 aircraft technician, changes a T-1 engine inlet fuel filter. As part of the 12th Flying Training Wing Maintenance Directorate, these technicians helped bring home the Air Education and Training Command 2005 Maintenance Effectiveness Award. (Photo by Steve White)

Travel system changes to DTS

By Staff Sgt. Lindsey Maurice
Wingspread editor

Randolph is changing the way it conducts temporary duty travel with the Defense Travel System.

First introduced to the Department of Defense in 2003, the automated system consolidates travel for all four military branches, making it simple and easy for people to use.

A 12th Comptroller Squadron team introduced the system by training base commanders and members of five Randolph units including the 12th Flying Training Wing staff agencies, 12th Medical Group, 12th Mission Support Squadron, 12th Services Squadron, Air Education and Training Command financial management branch and 12th CPTS earlier this month.

The team will continue to phase in other base organizations through December and will then travel to the various geographically separated units assigned to the base in January to implement the system at those locations.

“Things have gone well so far,” said 1st Lt. Eric Doggett, Randolph DTS project officer. “Since base members were already using an automated travel system with (the Federal Automated System for Travel), the transition was expected to go much smoother than at other bases, which is why we are the last one in AETC to use the system. There are some

See **DTS** on page 3

Sexual Assault Awareness Month

Observance draws attention to year-round need for prevention

By Jennifer Valentin
Wingspread staff writer

As Sexual Assault Awareness Month draws near, base officials encourage everyone to take the time to educate themselves on prevention and the programs available to victims.

Throughout April, the Sexual Assault Prevention and Outreach Program in conjunction with the Victim and Witness Assistance Council will set up numerous displays and booths to offer important information about preventing sexual assault and updated resources for helping the victims of crime.

“Even though we observe victims’ rights one month out of the year, I want to encourage anyone who would like to help or learn more about sexual assault to come see me at anytime,” said Clara Schueler, Randolph

Sexual Assault Response Coordinator.

People can participate in a variety of activities throughout the month.

On April 1, a two-mile walk will be held at Eberle Park at 8 a.m.

This event, titled “Walk A Mile in Her Shoes ...Walk A Mile in His Shoes,” is intended to show support for the victims across the Air Force and the nation. While families are welcome to attend, the SARC asks that parents exercise caution with their children viewing any of the mature subject matter that may be displayed.

On April 3, a candlelight proclamation ceremony will take place at Chapel 1. Survivor stories will be read during this time. The base public is welcome to attend.

The Randolph Sexual Assault Prevention and

Outreach Program offers help and serves as the primary liaison between the victims of sexual assault and available support services both on base and within the local surrounding community.

“The VVAP assists all victims of crime through the military justice process,” said Capt. Jeremy Emmert, VVAP coordinator. “We’re here for victims, not just the courts-martial phase, but from the time a crime is committed through the post-sentencing phase.”

According to the Office for Victims of Crime Web site, every April since 1981 OVC has helped lead communities around the country with their observances of Sexual Assault Awareness Month, hosting candlelight vigils, rallies and other events to remember the victims and help those in need.

For more information on the program or any base events, call 652-4387.

12th Flying Training Wing Training Status												
Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students				Wing Flying Hour Program					
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual		
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO	T-1A	4584.6	4779.8	10,725	
99th FTS	1.0	1.3	USAF	222	OPS	20	International	0	T-6A	7299.1	7412.3	17,196
558th FTS	0.0	-2.6	Navy	39	Advanced EW	31	EW Course	0	T-37B	2292.9	2258.9	5,796
559th FTS	0.5	-0.5	International	3	Integration	21	Intro to EW	17	T-38C	4055.5	4207.8	9,937
560th FTS	4.1	1.6	Total in Training	264		72		17	T-43	1638.4	1641.0	3,982
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.						The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.			

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

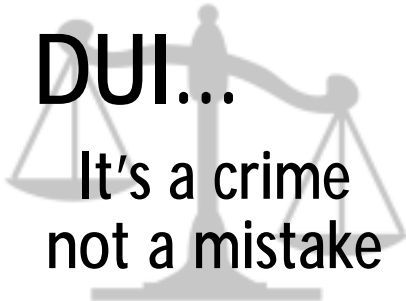
When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
12th Flying Training Wing commander

Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

“PROTECT YOUR WINGMAN”



Team Randolph's
last DUI was
February 25, 2006

Letter to Airmen: Air Force Smart Operations 21

By Michael Wynne
Secretary of the Air Force

Our role as an Air Force is to provide an array of capabilities for the combatant commanders to use as directed by the president. These capabilities include the widest variety of joint operations from combat operations to humanitarian aid. Like any other organization, we must seek to constantly give value to our “customers.” It’s not only the right thing to do for the American taxpayer; it’s the smart thing to do.

In my December “Letter to Airmen,” I talked about expanding lean concepts beyond just depot operations. That effort has now grown into Air Force Smart Operations 21, a dedicated effort to maximize value and minimize waste in our operations. AFSO 21 is a leadership program for commanders and supervisors at all levels, looking at each process from beginning to end. It doesn’t just look at how we can do each task better, but asks the tougher and more important question: Why are we doing it this way? Is each of the tasks relevant, productive, and value added? In other words is it necessary at all? With AFSO 21, we will march unnecessary work out the door – forever.

AFSO 21 signifies a shift in our thinking. It is centered on processes (groups of tasks) rather than tasks alone, which allows us to gain insights into the value, or lack of value, in each task we perform. For example, why does an EPR take 21 days at some bases to process, and only 8 at another? We must do better across the entire Air Force, and no process is immune from this critical review. AFSO 21 is built on successful principles from the corporate world, and has already yielded results in the Air Force. AFMC has used the tenets of AFSO 21 to put an extra 100 tankers back on the line each day. AFSO 21 is about working smarter to deliver warfighting capabilities.

We must continue to meet our worldwide requirements even with the continued pressure on our budget. But AFSO 21 is not about cost cutting; it enables our service to take our warfighters of today and grow them into the most effective and efficient thinkers for 2010 and beyond. The continuous process improvements of AFSO 21 will be the new culture of our Air Force. We will look at innovative ways to use our materiel and personnel more efficiently. For example, we’re already planning on using the Guard and Reserve differently under the concept of Total



Michael Wynne

Force Integration, capitalizing on their inherent strengths.

As AFSO 21 training comes to your base, ask yourself, “What have I improved today?” Every idea is worth taking to your supervisor. To learn more about the AFSO 21 program, visit the AFSO 21 website at www.afso21.hq.af.mil/.

I have full faith that by implementing AFSO 21 together, we will make our Air Force not only more effective, but will drastically improve our combat capability.

Letter to the Editor

(Letters to the editor provide personal views from people in the Randolph community about base, Air Force or Department of Defense activities. To submit a letter, send an e-mail to wingspread@randolph.af.mil)

DoD makes right call

I am writing this in response to the new Department of Defense policy that restricts the use of cell phones while driving on DoD installations. I applaud the DoD for looking out for the safety and well-being of it's active duty members, families, retirees, civilians and contract employees. This shows DoD cares about the people who help carry out the mission.

In regard to public safety, I suggest everyone look into other activities that threaten safe driving. Since DoD has determined using a cell phone is a hazardous activity while driving, why not extend the safety mindset to other things

such as eating a hamburger or breakfast taco while driving? How much of a lesser danger is there eating food and operating your vehicle versus using your cell phone? It could be even more dangerous if a hot glob of bean and cheese falls into your lap.

Along a similar vein, I'm sure many of the Wingspread's readers have seen women putting on makeup behind the wheel of moving vehicles. Certainly this is dangerous as well. And men, you are not off the hook either. I personally have seen men using electric shavers while driving. This is no less dangerous than applying mascara or blush.

There are many other dangerous activities drivers conduct during their commutes. Let's not forget about the rest of these, and keep a mindset of safety first while we drive.

Good day, and good driving!

James R. Rath

Congratulations Retirees

Today
Col. Steven Blatt
19th Air Force

Today
Maj. Edwin Youngstrom
Air Education and Training Command

Wednesday
Master Sgt. George Strickland
12th Mission Support Group

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

WINGSPREAD

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Balancing Air Force, family life

By Maj. Lisa McColgan
5th Services Squadron commander

MINOT AIR FORCE BASE, N.D. (AFPN) – As a working parent, I am sometimes asked how I “fit it all in.”

I don’t think about it often, but when I do, I realize that creating balance in my life is the most important decision I make every day.

We weigh the advantages and disadvantages, make a decision and then stick to it. Then, our attitude determines the success of those decisions.

Being a commander, wife, mother and friend means there are never enough hours in the day. It’s not easy balancing work, home, church and social demands, but with a positive attitude and teamwork we can “fit it all in.”

Prioritize – everyday. You’ll never be able to do everything. Letting go of daily routines can prove difficult but you get to choose what things must be done each day. I can’t reschedule my son’s hockey or basketball games, but I can review staff packages later in the evening or the next day.

Some days the mission must come first, and the basketball game can get taped (technology is truly amazing). Each of us has to decide how to use our time as wisely as possible and make the most of it.

Simple things such as a goodnight story or listening to how a spouse’s day went are often the most important activity of all. To have balance in life, it’s important to remember that. Often, I get distracted by the e-mail awaiting my attention but I try to remind myself to strike a balance and head home to my family.

“Being a commander, wife, mother and friend means there are never enough hours in the day. It’s not easy balancing work, home, church and social demands, but with a positive attitude and teamwork we can ‘fit it all in.’”

Positive attitude – always. Some days are easier than others; that’s life. However, even on the tough days, a positive attitude and a smile will help get you through them.

In services, we train on customer service techniques – a smile and a friendly greeting are one of the basics. Try to remember that when you’re attempting to scramble from one meeting to the next while your inbox is piling up and you know you have to get to your physical health assessment on time.

We’ve all been there and felt that stress – the attitude we take to “fit it all in” makes the difference.

Communicate – so all understand. It’s amazing how understanding everyone is if you just explain why and what you’re doing. Even children have a better attitude if you tell them why you’ve got to stay at the office and that you’ll do something special with them at a later time. Just make sure you stick to that later date.

My work team is very understanding when I explain that I have to run out for a parent teacher

conference, but I’ll get their package to them by the end of the day.

Communication allows everyone to be on the same page and to voice their opinion. It allows us to explain our position on a given situation and gives an ultimate game plan to those you may be affecting.

Family – your own and your Air Force family. Remember that you always have someone to rely on. Learn to ask for help when you need it. It’s all about teamwork, both at home and at work.

Either one of your families will pitch in and help if you simply ask. We’ve all been trained to be solid wingmen; that’s important both on and off duty. When you notice someone struggling at work, ask if you can help out with a project or watch their children for an hour so they can fit in a workout – stress relief.

At home, remind your family that if everyone pitches in with the chores you can all play a game together later that night. No one knows better than you what you need help with. Don’t be too proud to ask.

You may not always feel in control but consciously thinking about how to manage the details will help you manage the balance between work and home. Make sure you challenge yourself to not get too overwhelmed by work and miss out on family life or feel too tired to enjoy a social life.

Work smart and play smart. You can make sure you “fit them all in” by working your priorities.

And remember to schedule in at least one full week of leave during the calendar year. We all need a break to refresh ourselves. That’ll keep you one step ahead of the game, most of the time.

NEWS

Tax office offers help

The Randolph Volunteer Income Tax Assistance Program is providing free federal income tax return preparation to active duty servicemembers, retirees and family members who have a valid military ID card now through April 17.

Assistance is available by appointment only Monday through Friday from 9 a.m. to 3 p.m. The center is located on the first floor of the Taj Mahal, Building 100.

In addition to the tax center, military members can obtain assistance directly through their individual units, most of which have a unit tax advisor. UTAs undergo formal tax training from the IRS and are ready to offer the same tax assistance available through the center. Active duty members should primarily use their UTA to ensure timely service, as the tax center is the only base option for qualified family members and retirees.

Returns are generally filed electronically. Free electronic filing services are available through the IRS website at www.irs.gov. for those members who want to prepare and file their own taxes.

To schedule an appointment, call Chris Hull 652-1040.

AFAF burgers



Second Lts. Sean Armstrong (left) and Garrett Ruby (center) dress their hamburger buns at the Randolph Air Force Assistance Fund barbecue March 10 while 2nd Lt. Jeff Shaw and others wait their turn. The base’s AFAF “Commitment to Caring” campaign kicked off Monday. The annual campaign gives members an opportunity to contribute to one or more of four different Air Force related charities – the Air Force Aid Society, Air Force Enlisted Villages, Air Force Village Indigent Widows’ Fund in San Antonio, and the General and Mrs. Curtis E. LeMay Foundation. People can contribute through cash, check, money order or payroll deduction. For more information on the AFAF campaign, visit <http://afassistancefund.org> or call your unit key worker. (Photo by Don Lindsey)

DTS

Continued from Page 1

differences between DTS and FAST, but to users it will be more of an aesthetic change than anything.”

According to the DTS Web site, DTS automates the three DoD travel processes: authorization, reservation and voucher filing. Through the system travelers are able to generate travel authorizations, make trip reservations and route travel requests for approval all from their desktop work station, said DTS officials.

The paperless system uses the customers’ common access cards to generate their digital signature.

Once they are back from TDY, they can create a

voucher from the information already stored in DTS. Customers scan or fax required receipts into the system and attach them to their voucher.

Once the voucher is complete, customers then electronically route it for approval and submission to the Defense Finance and Accounting System. From there, DFAS will make an electronic funds transfer to the customer’s bank account, said DFAS officials.

“The biggest advantages DTS has over FAST are that customers can make their own airline and hotel reservations and it’s Web-based,” said Lieutenant Doggett. “The other perks are that you can track the status of your voucher, it eliminates the step of having to go to finance, the traveler knows their payment amount immediately and government cardholders can still do split disbursement.”

Lieutenant Doggett assured people who experience difficulties adjusting to the system not to worry. In addition to the finance team’s help, each unit will have an organization defense travel administrator and approving officials who play key roles in the process.

DTS also has a tutorial built into its Web site to walk customers through the process step-by-step.

Maj. Sam Grable, 12th CPTS commander, processed the first travel authorization when Randolph went live earlier this month and said it went smoothly.

“We took the system for a test drive first to work out any bugs,” he said. “I used DTS both to build an authorization for my own TDY and to approve another, and everything went great. We have been planning for over a year and are committed to a measured transition. Everything appears on track.”

NEWS BRIEFS

Generals picked for promotion
Four Air Education and Training Command officers have been nominated by the president to the Senate for promotion to the rank of major general:
Brig. Gen. Mark T. Matthews is the commandant of the Air Force Institute of Technology at Wright-Patterson Air Force Base, Ohio.
Brig. Gen. Thomas J. Owen is the director of Logistics, Installations and Mission Support at Air Education and Training Command headquarters at Randolph.
Brig. Gen. Richard E. Perraut Jr. is the director of Plans, Requirements and Programs at AETC headquarters.
Brig. Gen. Robertus C. N. Remkes is the commander of the Air Force Recruiting Service at Randolph.
These officers were among 24 Air Force wide nominated for promotion to major general.

12th OSS change of command
Lt. Col. David Giachetti assumes command of the 12th Operations Support Squadron from Lt. Col. Keith Pannabecker March 24 in a ceremony at 10 a.m. in front of the base operations building.

MDG commander announcement
The 12th Medical Group will get a new commander this summer, Air Education and Training Command officials announced March 9.
Col. June Gavron, 12th MDG commander, will take a position as the chief of the Nursing Services Division in the Directorate of Medical Services and Training at AETC headquarters. She reports for duty by Aug. 15.
Col. Paul Bennett will replace Colonel Gavron. He is currently the Air Force Inspector General medical inspector for the Air Force Inspection Agency at Kirtland Air Force Base, N.M. He reports for duty before the end of July.

T-6 team to fly locally
The Randolph-based Air Education and Training Command T-6A Texan II West Coast Aerial Demonstration team will fly in three local air shows this year.
The team performs at the Experimental Aircraft Association Texas Fly-In May 13 in Hondo; Moonlight Fund Air Show in New Braunfels Oct. 21-22; and Lackland Air Force Base Air Fest Nov. 4-5.
The team's full schedule is available on the Web at www.randolph.af.mil/T-6/.

RFISD Board of Trustees Meeting
The Randolph Field Independent School District's Board of Trustees meets Thursday at 4:15 p.m. in Room 21 of Randolph High School. The public is invited to attend.
An agenda can be found at www.randolph-field.k12.tx.us.

Correction to promotion list
A senior master sergeant promotee's name was misspelled in the March 10 Wingspread. It should have read Master Sgt. Richard Stephens, Headquarters Air Education and Training Command.
The Wingspread staff apologizes for the error.

Juniors to attend Boys State
Three Randolph High School juniors have been selected as delegates to the annual Boys State that takes place in June at the University of Texas in Austin.
Adam Cribb, Chad Thomas and Matt Sherrier were chosen by the Randolph faculty to represent the school.



Ensign James Ask
P-3
NAS Jacksonville, Fla.



2nd Lt. Jason Banquer
C-130
Pope AFB, N.C.



Ensign Brittany Caranto
P-3
NAS Jacksonville, Fla.



2nd Lt. James Collins
EC-130H (EWO)
Davis-Monthan AFB, Ariz.



2nd Lt. Robert Creveling
KC-135
Robins AFB, Ga.



Ensign John Fitzgerald
P-3
NAS Jacksonville, Fla.



Ensign James Garcia
P-3
NAS Jacksonville, Fla.



Ensign Benjamin George
P-3
NAS Jacksonville, Fla.



2nd Lt. Jaun Gonzalez
B-52 (EWO)
Barksdale AFB, La.



2nd Lt. Jarreau Jones
EC-130H (EWO)
Davis-Monthan AFB, Ariz.



2nd Lt. Nicholas Kahler
C-130
180th Airlift Squadron, Mo.



Ensign Sean Lawson
EP-3
NAS Whidbey Island, Wash.



Ensign Nicholas Lunsford
EP-3
NAS Whidbey Island, Wash.



2nd Lt. Mark Lyerly
C-130
Pope AFB, N.C.



2nd Lt. Andrew Marshall
B-52
Barksdale AFB, La.



2nd Lt. Justin McCullough
C-130
Little Rock AFB, Ark.



2nd Lt. David Mott
B-52
Barksdale AFB, La.



2nd Lt. Ryan Nelson
RC-135 (EWO)
Offutt AFB, Neb.



2nd Lt. Andrew Power
HC-130
Moody AFB, Ga.



2nd Lt. Sarah Pyle
C-130
Yokota AB, Japan



Ensign Matthew Sass
P-3
NAS Jacksonville, Fla.



Ensign Jackson Sieglinger
P-3
NAS Jacksonville, Fla.



2nd Lt. Paul Spendley
AC-130U
Hurlburt Field, Fla.



2nd Lt. David Sutton
RC-135 (EWO)
Offutt AFB, Neb.



2nd Lt. Ryan Turonek
C-130
Ramstein AB, Germany



Ensign Joseph Way
E-6
Tinker AFB, Okla.



2nd Lt. Benjamin Werner
E-8
Robins AFB, Ga.



2nd Lt. John White
E-3
Tinker AFB, Okla.



2nd Lt. Thomas Witkowski
B-52 (EWO)
Barksdale AFB, La.



2nd Lt. Harry John Zabala
RC-135 (EWO)
Offutt AFB, Neb.

CSOs graduate today

Twenty Air Force and 10 Navy aviators receive their navigator and naval flight officer wings during a Combat Systems Officer graduation ceremony here today.
The ceremony is at 10 a.m. in the Randolph Officers' Club.
The guest speaker is Col. Donald Bacon, executive officer for the Chief of Warfighting Integrations and Chief

Information Officer for the Air Force. He is a former intelligence and electronic warfare officer with the EC-130H and RC-135S.
Col. Richard Clark, 12th Flying Training commander, is presenting the students with their respective service's silver or gold wings, as well as presenting four special awards during the ceremony for student achievement.

AFPC welcomes executive director

By Tech. Sgt. James Brabenec
Air Force Personnel Center Public Affairs

The nearly 2,100 military, civilian and contract employees at the Air Force Personnel Center recently welcomed a new executive director.

Rob C. Thomas II is the deputy to Maj. Gen. Tony Przybyslawski, AFPC commander.

“It is indeed a pleasure for me to serve with the outstanding men and women at the Air Force Personnel Center, folks who every day serve our Airmen across the globe in incredible ways,” said Mr. Thomas. “I believe the Air Force is a people business, and for me it begins with the people – nothing is more important. If we get the people part right, the Air Force will always be successful.”

As executive director, Mr. Thomas executes Air Force military and civilian personnel plans and policies, and develops and administers personnel programs.

Balancing the mental, physical and spiritual aspects of life help him meet the requirements of his duties.

“I am extremely excited about learning the personnel side of the Air Force. This change will certainly fulfill the mental piece. As for the physical side, running feeds my passion,” said Mr. Thomas, the 49th ranked ultra-marathoner in the United States and Canada.

An ultra-marathon is any race longer than the traditional 26-mile marathon, and many events are 100



Rob Thomas, new executive director, stands in front of the Air Force Personnel Center. (Photo by Don Lindsey)

miles or more to test the endurance of the athletes participating, according to the Wikipedia Web site.

“Spiritually, I consider myself truly blessed to be married to my wonderful wife and life partner, Patty,” he said. “We are the proud parents of four wonderful children: Jeremy, Brittany, Lynnette and Timothy. I am a God-fearing man, and my family and I enjoy serving in our local church and community.”

Having experienced nearly eight years of Washington, D.C., beltway traffic, Mr. Thomas appreciates his much easier five-minute commute to AFPC. He also expressed his feelings about returning

to Randolph following his many Department of Defense and other government agency assignments while stationed in Washington.

“We have been to Randolph before, and we were excited about returning,” he said. “It is our favorite Air Force base. Folks work and play hard, and it is a great family environment. We enjoy the many parts of San Antonio – the Spurs are our favorite basketball team – and the history this city represents. This is a great military base in the greatest military city.”

Mr. Thomas previously served as the deputy chief of Warfighting Integration and deputy chief Information Officer where he led 100,000 active-duty military, civilian and Air Reserve Component information technology professionals.

His new responsibilities complement that leadership experience as well as his Air Force guidance on the Quadrennial Defense Review Integrated Process Team No. 5. That IPT covered the business practices and other areas within the personnel domain.

“With the QDR many changes are necessary to serve an Air Force of the future – an Air Force that is drastically different than (what) we know today,” Mr. Thomas said. “We have to always be focused on the mission and direct support to the warfighter. I truly believe Together Everyone Achieves More. When people focus on the TEAM effort and not on who gets credit, many great things can happen for our Air Force.”

COMMANDER CONNECTION

This column introduces new unit commanders to the base community.

Lt. Col. Brent Bigger

562nd Flying Training Squadron

- **Date of command:** March 3
- **Hometown:** Keizer, Ore.
- **Unit mission:** Department of Defense’s only combat systems officer training for heavy panel and maritime navigators. Air Force schoolhouse for all T-43 initial qualification of instructor navigator and pilot cadre.
- **Key to success in the Air Force:** Bloom where you’re planted. Seize the moment, lean forward and make the best of what you’re given.
- **Previous assignments:** Pentagon - Air Force Plans Tanker Programmer; Secretary of Air Force Legislative Liaison; Weapons Division Chief of Mobility and Special Operations Forces programs

Fort Leavenworth, Kan. - Army Command and General Staff College

Randolph AFB - Air Education and Training Command commander aide-de-camp

• **Vision for the unit:** Raise the bar! Continue development of the CSO curriculum toward one training pipeline in order to create an aviator with more breadth for the duties required in today’s combat environment and complex weapons systems.

• **Memorable Air Force experience:** During a 26-hour RC-135 Cobra Ball mission, we lost all navigation systems over the middle of the ocean but completed the mission successfully with dead reckoning alone.



Air Force lab seeks study volunteers

By Rudy Purificato
311th Human Systems Wing

BROOKS CITY-BASE, Texas – Warfighters will never have the ability to leap tall buildings in a single bound, but a specialized whey protein supplement under study here could realistically provide them the major boost in enhancing mental and physical performance.

The Air Force Research Laboratory is seeking 50 volunteers for a study that was launched Feb. 3 as part of an operational readiness initiative. It is being conducted in collaboration with the GNC Corporation of Pittsburgh, Pa., the primary supplier of nutritional supplements to Air Force base exchanges worldwide.

The focus of the study is specialized whey protein whose non-modified form, historically, has been used to build muscle growth supporting increased physical conditioning. AFRL scientists hope this research will eventually provide the Air Force with a non-pharmaceutical option that enhances alertness and physical strength in warfighters exposed to sleep deprivation and workloads associated with stressful

operational environments.

The impetus for this research, a first for AFRL’s Human Effectiveness Directorate in the science of nutraceuticals, was a preliminary observation made in 2004 by a Brooks City-Base scientist in one of the most unlikely places on earth.

At a base exchange, located on an old Russian air base within the former Soviet central republic of Kyrgyzstan, Col. Breck Lebegue made a surprising discovery.

“I walked into the BX and saw supplements on the bottom shelf,” he recalled, admitting he wondered why they were there.

Colonel Lebegue learned the supplements were popular among Soldiers and Marines who deployed from that base to support missions in Afghanistan.

“These guys are going to battle at 10,000 feet elevation while hauling 100-pound packs,” said the colonel, who is an aerospace medicine chief for the Aircrew Performance & Protection Branch of AFRL Human Effectiveness Directorate’s Biosciences & Protection Division. “That’s hard work – living and surviving in that kind of environment, which is mentally and physically challenging.”

The genesis for the study, he explained, was based on finding out if there was an operationally relevant need to verify, scientifically, the human performance enhancing potential of such supplements.

AFRL researchers will be evaluating whey protein’s effects on cognition and physical performance, as well as on body composition, memory and concentration involving specific tasks conducted after a 24-hour sleep deprived period.

Half of the volunteers will be given modified whey protein, and the other half will get a placebo. They will also be subjected to modified physical fitness and cognitive tests while alert and fatigued during an eight-week period.

AFRL investigators said they also will be evaluating whey protein’s effects on rebuilding and repairing over-exercised muscle. They emphasized this specialized supplement is not a steroid, which is illegal and potentially harmful to health.

Ultimately, this specialized supplement could prove to be the so-called ‘magic bullet,’ a non-addictive substance that keeps people alert.

To volunteer for the study, people should call 2nd Lt. Erica Anderson at 536-2348.

Former hostage recalls time spent in captivity

Retired Army general shares experience with conference attendees to prepare, educate

By Joe Wiggins
Air Intelligence Agency Public Affairs

“They came to the door dressed as plumbers, claiming they needed to fix a leak,” said retired Army Maj. Gen. James Dozier.

But, that was only the beginning of the general’s six-week ordeal as a hostage in December 1981. He described his experiece to hundreds of federal law enforcement officials and military members attending the Dynamics of International Terrorism course in San Antonio, Texas, March 10.

General Dozier, then the highest ranking Army officer assigned to the North Atlantic Treaty Organization, was captured by members of the Red Brigades, a Marxist-Leninist group attempting to cause an Italian civil war forcing the nation to leave the NATO alliance.

“I didn’t know at the time that I or any member of NATO was being targeted,” the general said. “Later I learned they had been observing me and other NATO officials for some time.”

Italian police officials became aware of some of those surveillance efforts by interviewing his wife after his capture.

“Some of them had come into my apartment building in groups of three posing as meter readers,” he

said. “When the Italian police heard this, they knew something was wrong because the meter reader worked alone and was authorized to read all the meters in that building.”

As he described each step of his journey, he passed on the lessons he learned to help those in attendance better understand how terrorists operate.

“After hitting me from behind, they then placed me in restraints and in a box marked to look like it contained a small refrigerator,” he said. “I was taken downstairs, into a van and then later transferred into another car.”

Over the next six weeks, he worked to gain the confidence of his captors. He hoped they would see him as a reliable hostage and relax their security around him. He credits this with possibly saving his life when the Italian authorities rescued him.

“I did the same things at the same time every day. I asked for and was given a deck of cards, which helped them to see me as more human rather than just a hostage,” he said.

“I also continually asked about my wife,” he said. “Later, they started bringing me news clippings about her and international versions of American news magazines.

“While using the cards, I kept scores by scratching my fingernail on a piece of cardboard. They later brought me some paper and a pencil, which I used to keep a diary and track the time,” the general said. “By the time I was rescued, my count of the days I had been held was only off by two.”

He also said that the terrorists didn’t all hold to the same group ideas.

“Of the five people they arrested for my kidnapping,

“After hitting me from behind, they then placed me in restraints and in a box marked to look like it contained a small refrigerator.”

one was later linked to 17 murders, while another one was using his expense account to steal money from the group,” he said. “Some of them were very hard core, while others were just ordinary criminals.”

According to the general, the lessons he learned about the Red Brigades still apply to terrorist groups today.

“They were broken down into regional organizations, a strategic control section and an executive committee, which was the controlling body,” he said. “The columns carried out the decisions passed down from the executive committee, which isn’t very different from the way terrorist groups are organized today.”

His rescuers even used many of the same kinds of tactics used today, including interrogating suspected members, surveillance, creating a distraction, and using speed and surprise when executing the rescue.

The Dynamics of International Terrorism course is offered by the Air Force Special Operations School, which is part of the Joint Information Operations University, located at Hurlburt Field, Fla. The Joint Special Operations University was established as an institution of higher learning focused on joint special operations education.

COMMUNITY

Fam-A-Ganza provides fun for all ages

By Jennifer Valentin
Wingspread staff writer

Children can spend a day hunting for eggs, getting their faces painted, eating lots of food and watching dance performances April 8 when the youth center sponsors its annual Fam-A-Ganza.

This year’s event runs from 9 a.m. to 1 p.m. at the youth center in Building 585.

“This free event is designed to celebrate the Month of the Military Child, which is observed in April,” said Chandra Frerichs, youth center staff member. “Children of all ages are invited to attend.”

The event includes many different activities for the children to choose from. Highlighting the event is an egg hunt, clown visits, face painting, bouncy castles, music, food, and dance, gymnastics, step and drum club performances.

A colossal cookie challenge will also be taking place during the event for children to enter. Rules and recipe



More than 2,500 children and adults attended Randolph’s annual Fam-A-Ganza family event last year at the youth center. (Photo by Bob Reese)

outlines for the contest are available at www.afcommunityprograms.com. Judging will take place at noon, and all the entries have to be in by 10 a.m. with their recipe.

The opening ceremony kicking off the event takes place at 9 a.m. At the end of the event at 1 p.m., there will be

prizes drawn during the closing ceremony.

“Last year’s Fam-A-Ganza was a success, with more than 2,500 children and adults attending,” Ms. Frerichs said. “This year we expect even more people to come and join in on the fun”

Chris Fussell, youth center assistant

director, added that parents should try to attend the event with their children.

“We try to make it the biggest and most special celebration we have every year, to show the Randolph families how much they are valued,” she said.

For more information, call 652-2088.

Rev up those engines: Annual car show set for April 9

By Jennifer Valentin
Wingspread staff writer

From motorcycles to classic models, the base’s car show offers enough shine and variety to catch the attention of vehicle enthusiasts young and old.

The Randolph 8th Annual Car Show takes place April 9 from noon to 5 p.m. in the medical clinic parking lot.

“The car show will feature a variety of categories for entrants to be a part of,” said Sharon Rector of the 12th Services Division. “The categories include classic cars, trucks, unique late model vehicles, motorcycles and more.”

Participants can pre-register at the arts

and crafts center in Building 895. The registration cost is \$25, or \$15 for active duty military in the grade of E-4 and below.

Trophies will be presented for first, second and third place in each category. Special awards of Participants’ Choice, Best of Show and Commander’s Choice will also be given.

Anyone who is interested in cars or motorcycles of any era should come out and see what the show has to offer, Ms. Rector said.

The event includes music, food and beverages. The car show is sponsored by Jack’s Paint Place and Randolph-Brooks Federal Credit Union.

For more information, call 652-2952.



A winning entry sits at the annual car show from a previous year's contest. (Courtesy photo)



CELEBRATING WOMEN'S HISTORY MONTH 2006

Retired general recalls service

"I was looking for a position with stability and some executive authority, and the Air Force seemed to be offering just what I wanted."



Retired Brig. Gen. Mary Marsh stands beside a portrait of herself as a captain in the Women in the Air Force. (Photo by Bob Hieronymus)

Gen. Marsh rose through ranks as leader with many firsts

By Bob Hieronymus
Wingspread staff writer

Women's History Month Schedule of Events

Tuesday – Educational seminar "Living Wisely Forum" at 8 a.m. at the chapel annex

For details of the event, call Capt. Laura Ramos at 652-4376 or Capt. Bonnie Stevenson at 652-2543.

The record of women's contributions to national defense is as old as the nation itself.

From Molly Pitcher in the American Revolution, to the Women's Air Service Pilots of World War II, to the present day, women have always been a part of our nation's efforts, both on the home front and the battlefield.

It wasn't until 1948 that women were officially integrated into the armed forces. Before then, women served in limited medical career fields and in women's auxiliaries, but careers in the line of the military services were not available to them.

Before that official integration, however, women did serve in some very important areas on Randolph. During World War II, civilians filled many military jobs so that service members could be released for overseas duty.

There was the Women's Army Auxiliary Corps, later renamed Women's Army Corps, which provided thousands of women with uniformed jobs supporting the men around the world. About 150,000 women served in the ranks of the WAC during the war, with a peak strength in April 1945 of 99,200. Their duties were limited to non-combat administrative and support jobs.

After the 1948 congressional act requiring gender integration, the Air Force version of women's units was the Women in the Air Force, better known as the WAF.

One of the first to rise through the ranks of the WAF was Brig. Gen. Mary Marsh, now living in retirement in Schertz, just a few miles from Randolph's main gate.

General Marsh was 29 years old and already established as a TV and radio personality in Montgomery, Ala., when she hosted a group of Air Force recruiters for her talk show. She laughingly recalled how she ended the show being the recruitee. With a bachelor's degree in music from Murray State University in Kentucky and eight years experience in the entertainment industry, she already had proven herself as a person who could think on her feet.

"I was looking for a position with stability and some executive authority, and the Air Force seemed to be offering just what I wanted," the general said. "Of course, those were the days when the WAFs had to take classes on how to dress properly, how to walk like a lady and how to keep your hair just right while wearing a military hat."

She received a direct commission in 1959 as a first lieutenant through the Officer's Basic Military Course, a short-lived program designed to bring more women officers into the service.

Her first assignment was at Lackland Air Force Base where she worked with the morale, welfare and recreation programs, managing the base theaters, gyms and service programs.

General Marsh quickly got the executive position

she wanted when she was assigned as the WAF squadron commander at Sheppard AFB, Texas.

In 1968 she went to Saigon where she was the first Air Force woman assigned as an advisor to the Vietnamese Air Force.

"My job there was to help the Vietnamese organize a women's component of their Air Force," she recalled.

Later, while stationed at Dyess AFB, Texas, the general commanded another WAF squadron.

The women's quarters were terrible, she said. "They were just open bay barracks with no sense of privacy," she said. "I got the base commander to approve construction of two-person rooms and the women were allowed to decorate them tastefully. It was wonderful to see the colors and decorations they came up with."

Morale in the unit went sky high, she added.

"We even worked up a women's chorale, put on shows and had afternoon receptions for visitors. We developed a really close sense of camaraderie."

Much of her career involved duties in the personnel management area, but along the way she also completed the Tuck Executive Management Program at Dartmouth University. Working through progressively greater personnel management responsibilities at bases in Europe and the United States, she then moved up to the position of deputy base commander at Homestead AFB, Fla. That was followed in 1976 by an assignment to the National War College.

She said the high point of her career, however, was when she was the commander of the 50th Combat Support Group at Hahn Air Base, Germany.

She was the first woman commander of a combat support unit in Air Force history.

"Being responsible for the support of a combat wing with F-4D fighters sitting alert just minutes flying time from the Iron Curtain, working in the command post and making sure we were prepared for the Cold War turning into a hot war was the most rewarding assignment I could imagine," she said. "I thoroughly enjoyed the challenge."

The general talked about one incident not long after becoming commander when the security police were holding an open ranks inspection. She said she paused in front of one Airman, closely inspected his rifle, opened the chamber and smartly returned it to the Airman.

"The security policemen were impressed that a woman could handle a weapon that way. I earned their respect really fast," she said.

Her many accomplishments include work as the



Women's Army Corps control tower operators on Randolph during World War II looking out over a ramp filled with B-25 bombers. (Photo courtesy AETC History office)

chief of intelligence plans at Headquarters U.S. European Command and later the first woman to be the J-1 Director on the Joint Staff in the Pentagon.

She was promoted to the rank of Brigadier General in 1983 and retired in 1986.

"Personally, I never had any problems being accepted in the Air Force," the general said. "I never experienced any animosity because I was a woman. Maybe it was because I was a little older when I came in and already had experience. I wasn't out to prove anything. I just did the jobs that were there to be done. It's the mission that counts."

Her advice to people who come into positions of leadership in the Air Force is to listen to their NCOs. They know how to get their jobs done, she said.

The general is married to Col. (Ret.) Halbert Marsh, a World War II fighter ace, with five German planes shot down. They have no children but General Marsh claims one "daughter" in the person of Lt. Gen. Terry Gabreski, currently vice commander of the Air Force Materiel Command.

Picking up a formal portrait of General Gabreski, daughter-in-law of famous World War II ace Frank Gabreski, General Marsh told how she counseled General Gabreski early in her career when the younger woman was seriously considering getting out of the Air Force.

"It's wonderful to see all she's done," the general said.

"No matter who you are, learn everything you can about your job," the general said. "Make the decision to give it your all. Dedication and loyalty will always be key elements that make you successful."

Exercise plays important role for diabetics

By Jennifer Valentin
Wingspread staff writer

Exercise should be an important part of the daily routine for people with diabetes. The American Diabetes Association offers some advice when it comes to finding a fitness regimen that is right. Individual treatment goals must be established based on the extent of the disease, other conditions and patient preferences, said Maj. Elaine Washington, health care integrator at the 12th Medical Group, who encourages diabetics to get their doctor’s approval before beginning an exercise routine. The ADA recommends diabetics to think of safety first. When starting an exercise routine, it is a good idea to have more than one type of exercise, according to the ADA. People should be flexible and not become

discouraged. “Diabetes is a lifestyle change and small steps to healthier living are better than no activity at all,” Major Washington said. Some examples of exercise include walking, biking, swimming, jogging and dancing. Major Washington recommends selecting an exercise that is enjoyable. Anyone with a diabetes-related eye disease is discouraged from performing weight lifting exercises, however. Walking is probably the best option, since it can give the person energy, reduce stress, tone their muscles and help them sleep better. Before exercising, it is always important to stretch properly. Research indicates diet and exercise can help people with Type 2 diabetes control their blood glucose and blood pressure in the short term. Diet and exercise can also

help lower the risk of developing cardiovascular disease and other complications of diabetes, the major said. A self-blood glucose level should be checked before and after exercise. If taking diabetes medication, Major Washington recommends carrying a snack of quick-acting carbohydrates. Diabetics should drink and carry plenty of water, and wear a visible medical alert identification bracelet. According to the ADA, it is a good idea for diabetics to keep track of their exercise routine on a daily basis in a journal. This way, they can see how far they have come and how hard they have worked. “Benefits of regular activity will last a lifetime,” Major Washington said. For more information, see a health care provider or visit the ADA Web site at www.diabetes.org.

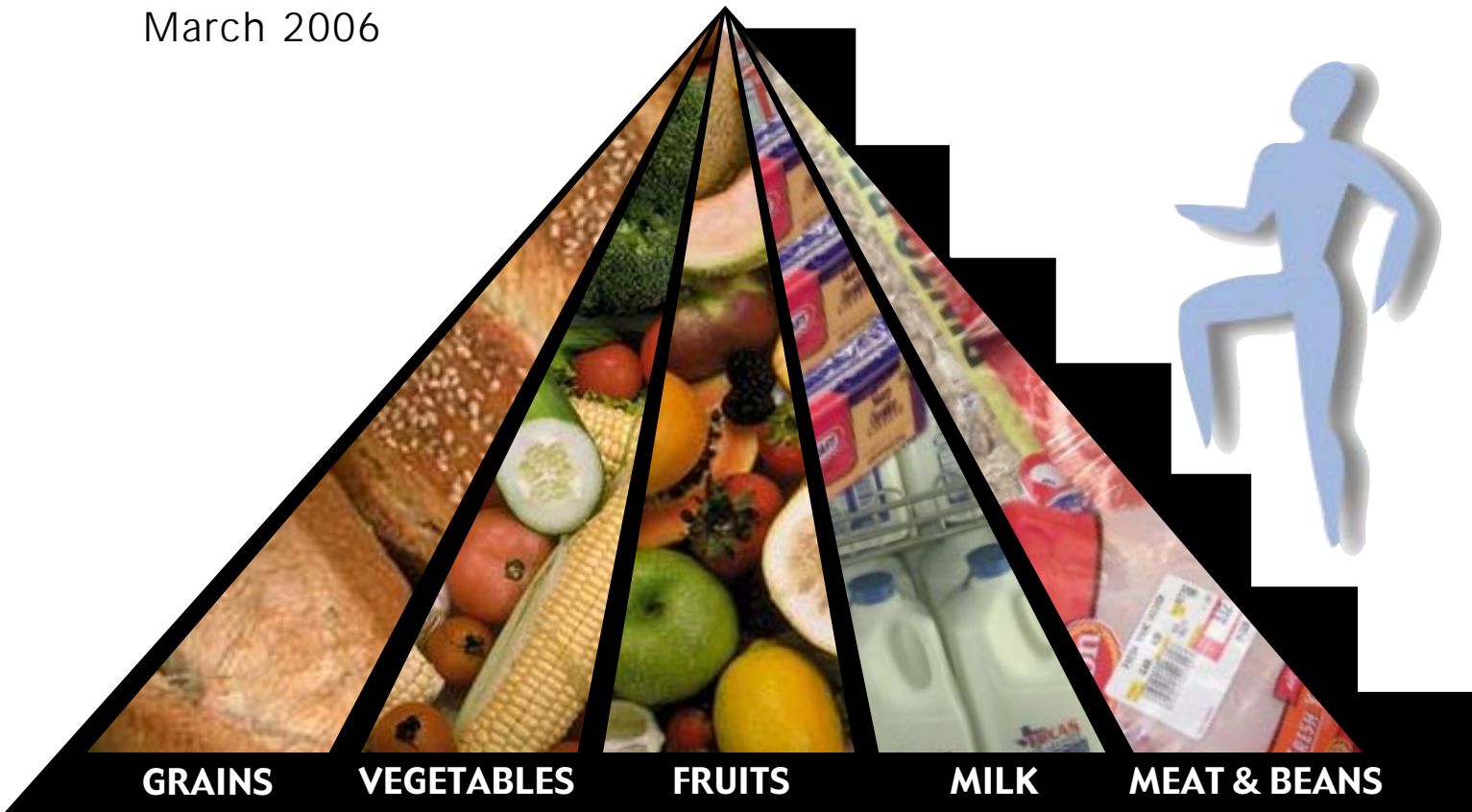


Intramural Bowling Standings

as of March 6		
Team	W	L
AFSVA	114	62
SVS	112	64
AETC/SC	106	70
AFPC	104	72
AETC/LG	104	72
AFMA	98	78
AMO	98	78
CS	96	80
DFAS	90	86
JPPSO	88	88
AETC/FM	88	88
AFPOA	86	90
OSS	86	90
RATS	85	91
SFS	81	95
AFPC/DFSG	72	104
AFSAT	66	110
340 FTG	64	112
CPTS	60	116
MED GP	58	118

National Nutrition Month

March 2006



The food guide pyramid illustrates the balance of the five food groups coupled with a reasonable exercise routine as the keys that can help people gain and maintain a healthy life style.

Nutrition holds key to maintaining fitness

By Bob Hieronymus
Wingspread staff writer

The most important message for National Nutrition Month 2006 is people need to find a personal balance between food and physical activity, said Kim Houk, exercise physiologist at the base Health and Wellness Center. The theme for this year’s activity is “Step Up to Nutrition and Health,” she said. This is emphasized by the new food guide pyramid symbol, adopted by the federal government in 2005, which shows not only the five food groups but also the figure of a person running up the steps of the pyramid. “Even the URL for the Web site, www.mypyramid.gov, was chosen to emphasize the individual nature of the nutrition plan,” Ms. Houk added. “Making choices about nutrition is an

individual matter. The nutrition pyramid concept can help to visually categorize the food groups in a way that each person can vary his or her diet and still get adequate amounts of each group every day.” Emphasis today is on establishing a workable balance of nutrition and exercise that can be different for each person, rather than setting up rigid diets to reduce unwanted weight, said Suzy Harrington, director of the HAWC. To help people establish good nutrition and exercise goals, the HAWC is currently offering three classes: a Weigh To Win class for people who need to get their weight down; Cardiovascular Health for people who want to improve their physical conditioning efforts; and Body Composition Improvement Program for people who need to meet required military standards. For information about class schedules, call the HAWC at 652-2300.

SPORTS BRIEFS

Muscle Mania

The fitness center hosts its annual Muscle Mania powerlifting meet April 8 at 10 a.m. Powerlifting consists of three events: bench press, squat and dead lift. The competition will consist of several body weight classes for men and women and is open to all Department of Defense ID cardholders ages 18 years and older. Only active duty winners will advance to the major command level competition.

Registration forms are available at the fitness center and can be turned in as late as the day of the competition.

Golf tournament

Randolph High School’s Project Graduation hosts a select shot golf tournament April 14 at 12:30 p.m. at the Randolph Oaks Golf Course. The proceeds from the tournament go toward Project Graduation’s drug free and alcohol free all-night celebration for seniors at the Texas Ski Ranch.

For more information, call the golf course at 652-4653 or call Harley Merrell at 643-9821.

Fitness for seniors

People can pre-register at the fitness center front desk through April 1 for the fitness introduction for senior’s class. The class is scheduled for April 4 from 9:30-10:30 a.m. and covers cardio machines, aerobic classes, small free-weights and circuit training.

TEAM SCRATCH SERIES

Team	Score
AFPC	2973
SVS	2919
AFPOA	2707

TEAM HANDICAP SERIES

AETC/FM	3321
SVS	3210
AFPC/DFSG	3206

TEAM SCRATCH GAME

Team	Score
AFPC	1069
SVS	994
AFMA	969

TEAM HANDICAP GAME

Team	Score
AETC/FM	1141
AFMA	1129
AFPC	1116

SCRATCH SERIES

Men	Score
Chris Goelz	740
Walt Banks	698
Mark Wurzer	659
Women	Score
Sheila Lawrence	578
Wanda Gailan	530
Shirley Harmon	488

HANDICAP SERIES

Men	Score
Chris Williams	771
Chip Holland	735
Paul Davis	711
Women	Score
Yolanda Strong	668
Cindi Miller	640
Marian Fischer	630

SCRATCH GAME

Men	Score
Gregory McClain	256
Ken Davis	243
Jerry Bradfute	236
Women	Score
Judy Smith	212
Heather Hellmann	171
Angie Craig	153

HANDICAP GAME

Men	Score
Doc Boldu	302
Mark Parsons	262
Bob Vickers	260
Women	Score
Lori Trainor	245
Cathy Harrison	243
Lisa Pellerin	228

SC/CSS takes winter golf crown



Bret Robinson tees off on the par 5 second hole at Randolph Oaks Golf Course during the extramural golf championship Tuesday. (Photo by Steve White)

By Michael Briggs
12th Flying Training Wing Public Affairs

It wasn't Pebble Beach, but a pebble on the 18th green of Randolph Oaks Golf Course Tuesday helped deliver some down-to-the wire drama that rivaled any tournament finish played at the storied golf club on the California coast.

With his team facing elimination in the championship round of the extramural golf finals, Bret Robinson putted from the fringe about 60 feet away from the cup in hopes of putting his ball within makable birdie distance.

Instead, the ball began to stray and was going to end up about 15 feet left of the cup when it struck a pebble and was redirected toward the hole, ending up about four feet uphill from the cup.

Robinson sank the birdie putt and instead of his team losing the finals, the Air Education and Training Communications Directorate and Computer Systems Squadron combined team beat the 12th Logistics Readiness Division 3.5-2.5 to win the winter golf season playoffs.

"I was fortunate to have my putt hit that rock," Robinson said. "I don't know how things would have ended up had it not."

Mike Fisk of the 12th LRD, who also served as golf league secretary, said he was wondering who the golf gods were shining on Tuesday.

"Now I know," he exclaimed, when he found out about Robinson's ball bounding closer to the whole after hitting the pebble.

The victory added another trophy to the collection of the AETC team, which has won or finished as runner-up in the winter and summer league golf finals for the past five years. The same AETC squad beat the Air Force Personnel Center Oct. 14 to win the 2005 intramural golf championship after losing in the finals to AFPC in the 2003 and 2004 intramural finals.

"If you don't play your best golf, you're not going to beat them," Fisk said of the AETC's dominance. "They don't make mistakes, they partner well and they always shoot close to their handicaps."

Intramural golf meeting

A team captain meeting April 4 at 2 p.m. at the Randolph Oaks Golf Course will set the stage for the 2006 intramural golf season, said Mike Fisk, league secretary. Any organization interested in fielding a team this summer should send a representative to the meeting. For more details, call Fisk at 652-6609.

In Tuesday's finals, Brad Gildea and Rich Osburn of AETC were paired up against Fisk and Pat Fox of LRD in the first foursome, and Robinson and Randy Coleman squared off against Hal Keyes and Chris Goelz in the second group.

The format of play is two-person best ball with a pair from each team forming a foursome. The teams earn points for winning the front nine, back nine and overall 18-hole match for a total of three points up for grabs in each foursome.

Gildea and Osburn beat Fisk and Fox 2-1, and Robinson – thanks to his birdie on the last hole – and Coleman tied their match 1.5-1.5 to give AETC the victory.

Had Robinson or Coleman not birdied the 18th hole, the match would have gone to LRD by virtue of more holes won on the front nine, back nine and overall.

"It was a relief after a tight match," said Robinson, who used a stiff tail wind to crush his 18th hole tee shot thru the green to the back fringe, a launch of about 400 yards including a friendly bounce and roll.

"Tiger Woods doesn't hit the ball that far," his teammates remarked at the trophy presentation.

Co-coach Jon Gardner credits the 14 members of the AETC team for always showing up to play as a key to his team's continued achievement.

"Granted, we have some very good players, but we field a team every week, which is one of the biggest reasons for our success," he said.

562 Instructors down Security Forces 44-21



Tyrone Hagans of the 12th Security Forces Squadron, dribbles past 562nd Flying Training Squadron Instructor defenders during an intramural basketball game Monday night at the fintess center. (Photo by Steve White)

Navigators find offensive touch, fly away with easy win

By Master Sgt. Lee Roberts
12th Flying Training Wing Public Affairs

Tenacious defensive pressure kept the 12th Security Forces Intramural basketball squad 2 points back of the 562nd Flying Training Squadron Monday night during first-half action at the base fitness center.

Nonetheless, the Navigators found an offensive touch early in the second half and flew away with a 44-21 win.

In the first half, the Navigators had nearly as many turnovers as points. Security forces took advantage and only trailed by 15-13 by half.

"Our primary point guard wasn't at the game and we were forcing the ball into the middle a bit too much," said Russell Allen, the Navigators' coach who also plays guard and forward for the team. "When we did get the ball inside our big men were putting the ball on the floor in the paint."

The result, Russell added, was costly turnovers. Coupled with too many missed free throws, the Navigators were lost on the court and couldn't pull away from a determined security forces team.

Late in the first half, the Navigators' Center Jeremiah Adams hit a 15-footer

from the top of the key.

"We saw an opening that we would exploit in the second half," Allen said.

The Security Forces missed several key offensive players who are deployed. Coach and player Ryan Gause admitted his team was overmatched and proved vulnerable in the paint in the second half. Still, he praised the "warrior spirit" his team displayed throughout the contest, especially in the first half. But true grit wasn't enough to help the security forces team to keep the game within reach down the stretch.

Leading 19-17, Navigators' Allen hit a trey, which started a 15-0 run. Ed Hoak then added another three-pointer – opening the middle for the team's big men to go to work.

"We were able to spread the court out and isolate some of their smaller defensive players," Allen said. "With the court spread out we had Jeremiah hang out at the free-throw line and he got quite a few open looks from 15 feet. We also did a much better job at the free-throw line."

Adams led the Navigators with 17 points. Adam Blanchard poured in 11; Tyson Willis threw in 6; Hoak added 4; Matt Quenichet put in 3; and Allen also scored 3. The Navigators improved to 9-5 on the season.

The security forces fell to 2-11. Gause led his team with 8 points. Frank Taylor threw in 5; Torrence Martin added 4; Ernest Minyard and Tyrone Hagans each scored 2.